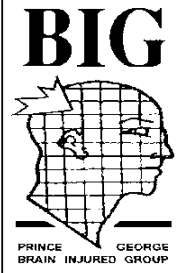


The Prince George Brain Injured Group

September 2023 Newsletter



Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447



Karate Info Session

Anyone interested is Welcome to attend
Wednesday, October 4th, 2023
10:00 am - 11:30 am

Office Closed
Monday, Sept 4th, 2023
For Labour Day

Introduction to Brain Injury Starts
Tuesday, Sept 12th, 2023
10:00 am - 11:30 am

Yoga will now be in the building
PG BIG Office
Every Friday
10:00 am - 11:30 am



Groups Weekly and Monthly:

Coffee Group
Mondays 11:00 am -12:00 pm

Introduction to Brain Injury
Tuesdays 10:00 am - 11:30 am

Connect Learn and Grow (CLG)
Wednesdays 12:30 pm - 2:00 pm
In Person (Zoom is on hold)

Open Social
Thursdays 1:00 pm - 2:30 pm

Yoga in the building
PG BIG Office
Fridays 10:00 am - 11:30 am

Drop in Ping Pong
Fridays 1:00 pm - 3:00 pm



Annual General Meeting
Thursday, September 28th, 2023
1:00 pm - 3:00 pm